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# What's wrong with a bit of murderer merch?

**'Love you to pieces.'**
Artist defends products immortalizing infamous female killer in Hamilton

Though Evelyn Dick is best known for the gruesome "torso murder" that captivated 1940s Hamilton, her noir persona will live on this fall in a new line of tote bags, T-shirts and shot glasses.

Dick was acquitted of the death of her husband but convicted of killing her infant and spent 11 years in prison. Her trials were captured in newspaper items describing not only the gory details of the killings but her furs, pearls and slash of red lipstick.

Now Hamilton artist and designer Chris Farias is completing a series of commemorative items for sale during this fall's Supercrawl culture fest, printed with lines like: "The fastest way to a man's heart is through his torso," and "Love you to pieces."

He dismisses the criticism levied against him by a controversial men's issues group, the Canadian Association for Equality, which condemned the project as glorifying violence against men.

"It's a Hamilton story that almost everyone knows," Farias said. "There's a big macabre, ghost-story culture in the city."

At least two books, a musical, an opera and a movie have been inspired by the trials. Farias held a screening of the movie Torso at his house and started digging into the history. He had no outlet for his newfound muse until Donna Reid, who runs the Hamilton Store, asked for a few Dick-related items she could sell.

Evelyn Dick TORSTAR NEWS SERVICE

"I think the fact she's a woman makes it a different kind of story," he said. "It doesn't make it any better, but it makes it different."

Dick was known for her desire for popularity and lavish spending. She married streetcar operator John Dick, 40, in fall 1945.

By March 1946 he had gone missing, and children soon discovered his torso while playing on Hamilton Mountain. Ashes with human bone remnants were found at Dick's mother's home, and a car she had borrowed turned up covered in bloodstains. Dick was charged at age 26.

Local playwright and director Brian Morton has produced the play How Could You, Mrs. Dick? several times and said he's never been criticized for making art about the murders. Morton, who doesn't believe Dick was guilty, defended Farias. "Art is meant to provoke a reaction," he said. TORSTAR NEWS SERVICE

**Outlandish case**

**A sensational trial followed Evelyn Dick's murder charge, with spectators lined up outside the courthouse. She was sentenced to death by hanging but an appeal and second trial acquitted her in 1947.**

- That year Dick was tried again, this time for the murder of an infant son she had before marriage. She said her ex-lover had encased the child in concrete. It was discovered in a suitcase in her attic.
- She reportedly told the judge she'd slept with 150 men, such as his son.

## MY MILK SHAKE STINGS ALL THE BOYS' CREDIT CARDS

**Tom Seton, left, and Joe Kelsey of the Hollywood Cone ice cream truck hold a $77 milkshake made from premium chocolate and gold. Kelsey says it was never his goal to make the world's priciest shake, only the best. Story, page 4.** VINCE TALOTTA/TORSTAR NEWS SERVICE


## Later, Bond, you hammy philanderer

Pierce Brosnan on his grittier role in new flick, The November Man PAGE 17

## Love lost for Wiggins in Wolves trade deal

Plus use Metro AR to see the NBA's top trios PAGE 26

## Dozens hurt in California earthquake

Quake the worst to hit Bay Area since 1989 PAGE 12

## POWs face mockery, egging in Ukraine

Rebels hold their own festivities during Kyiv celebrations PAGE 10

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# Family fears for missing woman

**Search.** Kit Currie vanished in mid-August, much to the bafflement of those who know her

The family and friends of Kit Currie are desperate for answers 11 days after she disappeared.

Toronto artist Currie, 50, was last seen getting on her bicycle at the corner of Queen and Bathurst streets on Aug. 14.

Since then her answering machine has filled up with "Where are you, Kit?" messages, said her sister Jennifer Currie-Roy from her home in Wakefield, Que., where she is managing a social media campaign.

The sculptor, painter and art model, who is part of Toronto's Wiccan community, doesn't have a car or passport and "doesn't have a way of getting too far very fast," Currie-Roy said. Her sister has no history of drug use and doesn't drink, she said.

"She has a cat, she has a job, she has a son and she has elderly parents in Ottawa who are just going out of their minds," Currie-Roy said.

Currie lives near Bloor and Dufferin. Her friends have been out putting up posters across the city asking for information.

"She's never disappeared or anything before," Currie-Roy said.

Currie previously held a studio on Toronto Island and some friends have been searching there as well, Currie-Roy said.

Currie's friend Mary Neumann said two years ago she had a psychological breakdown, and while medication had been mostly effective since then, her paranoia seemed to have resurfaced recently.

Neumann also noted Currie was an "absolute nature freak" and may have decamped to the country. "She finds the city quite difficult," Neumann said.

TORSTAR NEWS SERVICE

**What to look for**

- Toronto police put out a missing person's report on Aug. 22. Catherine (Kit) Currie is five-foot-four, has long red hair, brown eyes and a strong build from so much cycling, her sister said. She looks younger than her 50 years.
- Her bike has also not turned up and is described as black and heavy framed with a green milk crate attached to the back.

Artist Kit Currie, who is part of Toronto's Wiccan community, has been missing since Aug. 14, her family says.
CONTRIBUTED

# Rejecting relocation may violate charter: Shelter

Andrea Wobick and Rev. Patrick Reid. TORSTAR NEWS SERVICE

If city council fails to approve the controversial relocation of a homeless shelter this week, it may be violating the charter rights of the men who use the shelter, according to a legal opinion by the facility's law firm.

The document, obtained by the Torstar News Service, suggests the Baptist church that runs the 50-bed men's shelter would be prepared to sue the city if it fails to rubber stamp their move to a new site in Oakwood Village.

The tentative relocation has ignited fierce opposition from local residents, who say the influx of homeless men would jeopardize recent gains made by the gradually gentrifying neighbourhood.

In an opinion written by Andrea Wobick of the law firm Ursel Phillips Fellows Hopkinson, the shelter has preemptively staked out legal grounds for challenging a rejection from city hall.

"Should council continue to delay or refuse the approval of the shelter's relocation, Cornerstone is prepared to consider the full ambit of legal options at its disposal," it reads.

Cornerstone's executive director, Rev. Patrick Reid, declined to comment on any potential lawsuit, saying he expected council to approve the relocation. "I believe that right will be done," he said Sunday.

TORSTAR NEWS SERVICE

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# Would you buy a milkshake for $77?

**Hollywood Cone.** 'Best Picture' shake made from three types of gourmet chocolate, hand-spun ice cream, edible gold crumbs and gold 'Oscar' chocolate

It's a milkshake fit for royalty.

Oshawa-based ice cream truck Hollywood Cone is launching a chocolate milkshake this weekend.

The catch? It's $77.

The "Best Picture" shake is made from three types of gourmet chocolate that go for about $20 a bar, mixed with hand spun ice-cream, flecked with edible gold crumbs and topped with a gold "Oscar" chocolate.

Co-owner Joe Kelsey, who dreamed up the concoction, says it was never his goal to make the world's most expensive milkshake, only the world's best.

"We just wanted to put together some of the world's best ingredients and just create the best milkshake ever," he says.

"And I think we've achieved it. It's a pretty stellar shake."

Kelsey says all proceeds from the shake, which contains chocolate from Italy, France and Ecuador, will go to a local Oshawa food bank called Simcoe Hall Settlement House.

They need to be ordered 48 hours in advance.

"It was sort of passion of love for us," he says of the idea.

Kelsey has been running his ice cream truck since last April with co-owner Tom Seton.

The two met 25 years ago selling ice cream.

Seton describes the launch of the shake as "the culmination of months of planning and trying to source the best materials."

Kelsey says they've already been getting orders coming in from "blue-collar" Oshawa.

Dina Pen, who has already ordered hers for Sunday, says the milkshake "is going to change someone's life." She says she wanted to get one because it's for a good cause and after tasting it she's "not sharing." TORSTAR NEWS SERVICE

**Seriously pricey sundae**

**The milkshake may be pricey, but it's hardly the most expensive desert out there. A restaurant in New York City called Serendipity 3 serves a $1,000 (plus tax) sundae. Server Gabby Simmons says they sell about two Golden Opulence Sundaes a month. Served in a crystal goblet, with caviar and edible gold leaves, it's made of Tahitian vanilla ice cream and Venezuelan chocolate and comes with an 18-karat gold spoon.**

## From movies to Mars (in 30 seconds)

Actor/musician Jared Leto and his band 30 Seconds to Mars opened for Linkin Park on Sunday at the ACC as part of the Carnivores tour, pumping their fourth album, Lust, Faith and Dreams. TOM PANDI/FOR METRO

# Toronto's elephants get back to basics in California

Iringa, Thika and Toka at the sanctuary in San Andreas, Calif. TORSTAR NEWS SERVICE

It's dry season in San Andreas, where California's ongoing drought and prolonged excessively hot weather make a fire hose at the Performing Animal Welfare Society Wildlife Sanctuary a welcome escape for three African elephants as familiar with frigid winters as drawn-out summers.

Iringa buries her head in the ground and kicks her foot up in the air as she bathes in the steady stream. Toka wiggles down in the mud, throwing dirt with her trunk, basking in the oozing slime.

This is probably the first year the ground these two elephants call home hasn't frozen, said sanctuary co-founder Ed Stewart. Iringa and Toka, along with a third elephant, Thika, moved from the Toronto Zoo to their warm, sprawling habitat last fall

The Price Is Right host Bob Barker funded the October 2013 transport.

In the nine months since the move, Iringa, 45, Toka, 44, and Thika, 33, have started acting like elephants in the wild rather than captive creatures, Stewart said.

"Natural behaviour is exhibited a lot, like every single day," Stewart said. "Every day they resemble elephants in Africa."

The ladies spend their days in a 32-hectare habitat that resembles their African homeland, with mud holes, trees and 60-metre hills.

Staff members at the sanctuary strive to keep the elephants feeling secure, said Stewart. Toka, for example, is now comfortable enough in her habitat to lie down and take a rest. All three are very good eaters, especially when the grass is green enough to graze constantly.

"Even now, you can see them, they eat branches off of the trees, they eat grass, they eat dry grass and leaves. They really make use of the big habitat that they're in," Stewart said.

The ladies are comfortable with staff members and familiar with medical procedures such as blood work and urine samples.

Stewart sys all three elephants seem to be a little calmer since moving to the Golden State. "Every day we have them here is a great day for us, and I think a great day for them." TORSTAR NEWS SERVICE

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# Transgender athletes compete to change attitudes in sports

**Learn-to-Row.** Ottawa race marked first time openly trans athletes competed in rowing in Canada, organizers say

Two Toronto transgender athletes who competed in a boat race on Sunday say the event is a much-needed step forward for the inclusion of transgender people in sports.

Organizers say the 22-kilometre race along the Ottawa River — part of the Canadian Sculling Marathon — marked the first time that openly transgender athletes competed in rowing in Canada.

Enza Anderson and Savannah Burton, who first took to the water only two months ago, are part of a five-person team dubbed Team TRANS-fusion.

They finished fourth out of five teams, with a timing of just over two hours — about 10 minutes behind the first-place rowers.

The team's introduction to rowing was part of a pilot project at Toronto's Hanlan Boat Club, which sought to attract transgender people to its Learn-to-Row program.

Anderson, 50, said she stayed away from sports for most of her life, wary of the discrimination that transgender athletes can face.

"You never know when you go into an environment like this if people will accept you," she said.

"Going to the gym has always been my worst nightmare, because I've heard horror stories about the change-room dilemma."

Transgender rowers Savannah Burton, left, and Enza Anderson competed in the Canadian Sculling Marathon in Ottawa on Sunday. STEVE COLLINS/FOR METRO

Rowing has become an outlet for Anderson, who said the boat club has provided her with technical know-how and a new hobby."I never thought I'd reach 50 because of all the struggles of transitioning, and trying to survive and trying to make a living and function like everybody else," she said, crying.

"Finally participating in an activity that's so welcoming … I think I'm really lucky."

Burton, 39, said her love of sports — like dodgeball, baseball and whitewater kayaking — took a back seat when she recently transitioned from male to female.

"I was ready to go back to sports," she said, adding that her hope is to create visibility around transgender athletes. "I know when I was a kid there weren't any trans athletes out there at all." THE CANADIAN PRESS

**Quoted**

**"I'm female and I want to participate as a woman in a sport, not be categorized as male."**

Enza Anderson, a transgender athlete

Olatoyebi Waheed

## Police arrest one, seek another in fatal shooting

Toronto police have arrested Franklin Afrifa, 25, in relation to Olatoyebi Waheed's fatal shooting last week, and are seeking another — Benard Asante.

Afrifa faces charges of first-degree murder and attempted murder.

Police say Asante is black, five-foot-five and 130 pounds, wears his hair in cornrows and is considered armed and dangerous. THE CANADIAN PRESS

Ontario Tory leadership

## Elliott leads in race: Forum poll

Tory MPP Christine Elliott has taken the lead in the race to replace Tim Hudak as leader of the Ontario Progressive Conservatives, a Forum Research poll shows.

Elliott is the widow of former federal cabinet minister Jim Flaherty. TORSTAR NEWS SERVICE

# Drug-testing kits can save lives: Advocates

**Limitations.** Detective with Toronto Drug Squad says kits could give drug users a false impression of safety

Drug-testing kits currently available in Canada have limitations, but they can be part of the solution to help prevent unnecessary deaths at live concerts such as Toronto's Veld music festival, where two people died earlier this month after taking what's believed to be party drugs, says a harm-reduction group.

Toronto's Trip Project says the testing kits, when combined with other strategies like drug education, could make drug use safer for people who will not abstain from risky behaviour.

Lori Kufner, a co-ordinator with the city-funded organization, said that testing kits for synthetic so-called "party drugs" may be a way of reducing risks, but they aren't widely used and some people who take drugs don't even know they're available.

**Quoted**

**"People die at music festivals. That's not a thing that we should just accept."**

Lori Kufner, a co-ordinator with Toronto's Trip Project

"A lot of people who like to use drugs recreationally don't even know that it's possible to test them," said Karim Rifaat, the owner of Test Kit Plus, a Montreal company that sells the kits online.

"It's not as good as sending it to a lab," he said, but they allow people to get an overall idea of the constituents of a capsule, tablet, or powder drug sample.

The RCMP said that while testing kits are not illegal, they could indicate to an officer that someone is carrying a controlled substance.

Det. Jeffrey Ross of the Toronto Drug Squad said he understands how testing kits might be perceived as useful, but expressed concern at the number of substances in their blind spots.

THE CANADIAN PRESS

## Romanians try adoptions to solve stray cats problem

**A woman touches noses with a kitten during a stray cat adoption event organized by the Streetcats volunteer association in an attempt to reduce the number of abandoned cats roaming the street in Bucharest, Romania, Sunday. The Romanian capital, infamous for its stray dogs, is also home to an impressive number of stray felines.**

ANDREEA ALEXANDRU-MEDIAFAX/THE ASSOCIATED PRESS

## Alberta. Scientists study seismic line restoration in foothills to save caribou

Scientists studying the ravaged caribou habitat of Alberta's northwestern foothills say they have found so much disturbance from decades of industrial use that restoration will have to be selective.

The Foothills Research Institute in Hinton, Alta., is one year into a three-year study on how animals and humans continue to use this landscape in an effort to understand how to best restore it.

Back roads into the bush reveal a patchwork of clearcuts, well pads, access roads and seismic lines so extensive that gravel and green greet the eye almost equally.

About five per cent of range for the Little Smoky and a la Peche caribou herds remains undisturbed — a long way from the federal government's 65 per cent target. The scientists are trying to figure out how to bridge that gap. That means understanding the impact of seismic lines, which are used to study geology underground.

THE CANADIAN PRESS

**Rapid deforestation**

**It's part of an area that recent satellite data suggests is being deforested at a rate that outpaces what's going on in Brazil's rainforests.**

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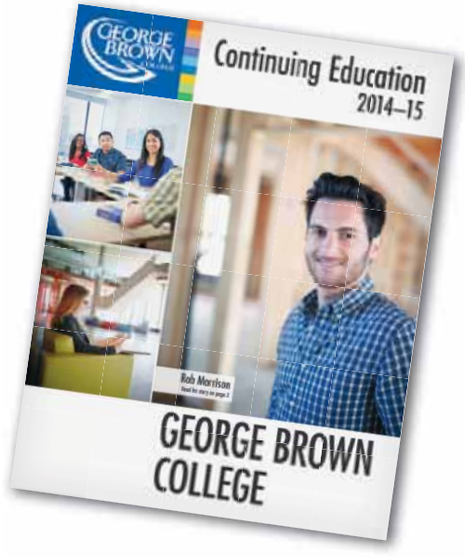


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# Hundreds attend mass for murdered U.S. journalist

**'Devoted.'** Hometown memorial remembers James Foley as a man who was driven to open world's eyes to suffering and oppression

**Quoted**

**"Jim went back again that we might open our eyes. That we might indeed know how precious is this gift. May almighty God grant peace to James and to all our fragile world."** **Bishop Peter Libasci,** about slain U.S. journalist James Foley

Slain U.S. journalist James Foley was living his faith by bringing images to the world of people suffering from war and oppressive regimes, a Roman Catholic bishop said Sunday at a mass in his honour.

Bishop Peter Libasci said even after Foley was captured for the first time in Libya in 2011, he "went back again that we might open our eyes."

The mass was attended by Foley's parents, John and Diane Foley, and hundreds of others in their hometown of Rochester, N.H. The bishop read aloud a letter from the Vatican extending the condolences of Pope Francis.

Foley was kidnapped in 2012 while covering the Syrian uprising. The Islamic State posted a web video Tuesday showing his killing, claiming it was in retaliation for U.S. airstrikes in Iraq.

Libasci invoked the prayer of St. Francis, which begins, "Lord, make me an instrument of your peace," to implore the gathered not to hate but to heal.

"It is in giving that we receive," he recited. "It is in pardoning that we are pardoned. It is in dying that we are born to eternal life. To these words, I think we can say, 'Yes, I wish we could do that.' It is not beyond our capability. It is not impossible. Our Lord lived it. Our most Blessed Mother lived it. Many saints have lived it. James lived it."

At a vigil Saturday night in Rochester, about 200 people gathered to show support for the Foley family.

"We are honoured that you care and love Jim. We are honoured that you recognized the sacrifices he made," John Foley said then. "He loved the Syrian people. He was devoted to telling their story and doing whatever he could to help their fight."

A funeral for Foley will be held on Oct. 18, what would have been his 41st birthday.

THE ASSOCIATED PRESS

## Iraqis stand together to honour James Foley

People hold a photograph of U.S. freelance journalist James Foley during a small memorial ceremony in Irbil, 350 kilometres north of Baghdad, Iraq, on Sunday. Foley was slain by Islamic State militants after being held in captivity for nearly two years. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

# American released by Syrian terrorists

An American held hostage in Syria by an al-Qaida-linked group has been released after about two years, the Obama administration and a relative confirmed Sunday, days after militants had beheaded a U.S. journalist abducted while covering that country's civil war.

The U.S. identified the freed American as Peter Theo Curtis of Massachusetts and said he was now safe and outside of Syria. The United Nations said it helped with the handover to UN peacekeepers in a village in the Israeli-annexed Golan Heights and that Curtis was released to American authorities after a medical checkup.

The administration provided no details about the circumstances of his abduction or his release. It was not known what prompted Curtis's release.

A cousin of Curtis's, Viva Hardigg, declined to provide details, but said that he had been held by the Nusra Front, which is al-Qaida's affiliate in Syria.

"He seems to be in good health," Hardigg said. "We are deeply relieved and grateful for his return and the many people who have helped us secure his freedom." THE ASSOCIATED PRESS

Peter Theo Curtis THE ASSOCIATED PRESS

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A man throws an egg at members of the Ukrainian military who were taken prisoner by pro-Russia rebels and marched through Donetsk's main square as they were abused by pro-Russia loyalists. SERGEI GRITS/THE ASSOCIATED PRESS

# Pro-Putin rebels rally in Donetsk

**Defiance in Donetsk.** Pro-Russia Ukrainians stage their own demonstration during Ukraine's independence celebrations in Kyiv

Thousands of pro-Russia insurgents paraded captured Ukrainian soldiers through the streets of Donetsk on Sunday as bystanders shouted abusive slurs and tossed eggs, bottles and tomatoes at them.

The display came as President Petro Poroshenko vowed to raise defence spending to defeat the rebels during a ceremony in downtown Kyiv to mark Ukraine's 23rd anniversary of independence from the Soviet Union.

The development in Donetsk underscores the increasing divisions within Ukraine as it prepares for many more months of conflict, and while Kyiv's campaign has only gained more support throughout the country, resentment festers throughout much of the east.

Since hostilities began, more than 2,000 have died, while an estimated 300,000 have fled Donetsk.

Poroshenko and Russian President Vladimir Putin are scheduled to meet Tuesday in Minsk, Belarus, alongside other European Union leaders. German Chancellor Angela Merkel cautioned against harbouring expectations of a decisive breakthrough at the much-anticipated meeting.

"The meeting in Minsk certainly won't yet bring the breakthrough," Merkel said. "But you have to speak to one another if you want to find solutions." THE ASSOCIATED PRESS

**Diplomacy is needed**

**"You have to speak to one another if you want to find solutions."**

German Chancellor Angela Merkel on the realities of Tuesday's meeting between presidents Poroshenko and Putin.

**Italy**

## Navy recovers 18 dead among boat full of migrants

Italian authorities recovered 18 dead from a boat full of migrants during rescue efforts on Sunday.

In a series of tweets, the navy said its Sirio patrol shop recovered 266 migrants and 18 corpses. The incident renewed calls from Interior Minister Angelino Alfano for the EU to relieve migrant pressure on Italy. Over 100,000 migrants have arrived in Italy in 2014. Alfano said if the EU won't help, Italy will soon "make its own decisions." THE ASSOCIATED PRESS

## Security Council. Palestinians may seek UN intervention to remove Israeli settlements

Aides to the Palestinian president have said that he is preparing to make a new appeal to the international community to order Israel to end its occupation of lands captured during the 1967 Mideast war.

The officials have said President Mahmoud Abbas' appeal is part of a "day after plan" to follow the end of the current war in the Gaza Strip.

The aides said Abbas will request that the United Nations security council imposes a deadline upon Israel to withdraw from lands the country captured in 1967 to make way for a Palestinian state.

If the council does not approve a resolution, they say the Palestinians will then pursue war crimes charges against Israel in the International Criminal Court (ICC).

The officials spoke on condition of anonymity because the plan has not been officially unveiled. THE ASSOCIATED PRESS

# THE FUTURE IS GIVING YOU CHOICES

## THE NEW STREETCAR IS COMING TO SPADINA ON AUGUST 31ST

## FARE PAYMENT OPTIONS

New streetcars are equipped with two on-board fare vending machines and ticket validators located across from each of the centre double doors. The 510 Spadina streetcar route will now run on a Proof-of-Payment (POP) system. Customers will need to show their POP receipt to a TTC fare inspector upon request.

### PASS HOLDERS:

Customers with a Metropass, Day Pass or Weekly Pass will be able to board the new streetcar through any door. Your Pass is your POP receipt.

### TOKENS:

Customers using tokens will need to pay at an on-board or curbside fare vending machine to receive a POP receipt. Your POP receipt can also be used as your transfer.

### TTC TICKET HOLDERS:

Customers using Senior/Student or Child tickets are required to have their tickets stamped at a ticket validator located beside the on-board or curbside fare vending machines. Your stamped ticket is your POP receipt and can be used as your transfer.

### TRANSFER HOLDERS:

Customers with a transfer can board the streetcar through any door. Your transfer is your POP receipt.

### CASH FARES:

The fare vending machines accept coins only (change is not provided), and will issue a POP receipt. Your POP receipt can be used as your transfer.

### CURBSIDE FARE VENDING MACHINES:

Customers can also purchase fares and validate their tickets at new curbside fare vending machines installed at the busiest stops along the route, such as College and Spadina. Fare vending machines accept coins only (change is not provided).

The new fare vending machines and ticket validators are unique to the 510 Spadina route. There will be a transition period when both new and regular streetcars will run on the 510 Spadina route. Customers boarding regular streetcars will pay their fare as usual and will now be required to show a POP receipt upon request.

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Bricks and rubble cover the sidewalk in front of a heavily damaged building following an earthquake Sunday in Napa Calif. Scan the photo with your Metro News app to see more photos of the damage caused by the 6.0-magnitude quake. ERIC RISBERG/THE ASSOCIATED PRESS

# California earthquake rocks Napa wine region

**6.0-magnitude event.** More than 120 sent to hospital, power goes out, fires ignited

The strongest earthquake in 25 years struck the heart of California's wine country early Sunday, igniting gas-fed fires, damaging some of the region's famed wineries and historic buildings, and sending more than 120 people to hospitals.

The magnitude-6.0 quake, centred near the city of Napa, an oasis of Victorian-era buildings nestled in the vineyard-studded hills of northern California, ruptured water mains and gas lines, hampering firefighters' efforts to extinguish the blazes that broke out after the temblor struck at 3:20 a.m.

Dazed residents who had run out of their homes in the dark and were too fearful of aftershocks to go back to bed wandered through Napa's historic downtown, where boulder-sized chunks of rubble and broken glass littered the streets. Dozens of homes and buildings across the Napa Valley were left unsafe to occupy, including an old county courthouse, where a 10-foot wide hole opened a view of the offices inside.

College student Eduardo Rivera said the home he shares with six relatives shook so violently that he kept getting knocked back into his bed as he tried to flee.

"When I woke up, my mom was screaming, and the sound from the earthquake was greater than my mom's screams," the 20-year-old Rivera said.

Gov. Jerry Brown declared a state of emergency for southern Napa County, directing state agencies to respond with equipment and personnel. President Barack Obama was briefed on the earthquake, the White House said, and federal officials were in touch with state and local emergency responders.

Bardarbunga volcano

## Iceland lowers aviation alert to 'orange'

Iceland lowered its aviation alert level to orange from red Sunday, saying there was no sign of an imminent eruption at the Bardarbunga volcano. And scientists at the Icelandic Meteorological Office said their announcement Saturday that the volcano had experienced a subglacial eruption was wrong.

But the office cautioned in a statement that seismic activity at the volcano, which has been hit by thousands of earthquakes over the past week, was not slowing, and an eruption remained a possibility in coming days. Two earthquakes measuring over 5 in magnitude — the biggest yet — shook the volcano beneath Iceland's vast Vatnajokull glacier early Sunday. The Met Office recorded earthquakes of 5.3 and 5.1 in the early hours.

Iceland had raised the alert for aviation Saturday to red, the highest level on a five-point scale, warning that an ash-emitting eruption could be imminent.

THE ASSOCIATED PRESS

Missouri shooting

## Obama sending aides to Michael Brown funeral

U.S. President Barack Obama is sending three White House aides to the funeral of Michael Brown, the black teen whose fatal shooting by a white police officer sparked racial unrest in Ferguson, Mo.

Early Sunday, tensions briefly flared then subsided as nightly protests continued two weeks after the 18-year-old's death.

THE ASSOCIATED PRESS

## Cristobal. Tropical storm lashes Bahamas

Slow-moving Tropical Storm Cristobal lashed parts of the Bahamas and the Turks and Caicos Islands with heavy rainfall and white-crested surf after swollen rivers swept at least three people away on the Caribbean island shared by the Dominican Republic and Haiti.

In the Dominican Republic, a man drowned when he tried to drive his pickup truck across a rushing river in Hato Mayor, a province northeast of the capital of Santo Domingo. Juan Manuel Mendez, the country's emergency operations director, said the death was due to the "regrettable recklessness of this driver."

In neighbouring Haiti, authorities were looking for two residents reported swept away late Saturday by a river that burst its banks in the western port town of Saint-Marc. "We're still looking for the bodies," said Luckecy Mathieu, a local civil protection coordinator.

The U.S. National Hurricane Center in Miami said Cristobal may strengthen into a hurricane on Wednesday while over the open waters of the Atlantic. The storm's centre was expected to curve away from the U.S. East Coast.

Many residents in the sparsely populated southeastern Bahamas and the tiny British Caribbean dependency of the Turks and Caicos Islands hunkered down as Cristobal's rains pelted windowpanes.

Capt. Stephen Russell, head of the Bahamas' emergency management agency, said there had been no reports of damage by late Sunday morning. Air traffic to the southeastern Bahamian islands had not been suspended, but sea vessels were advised to remain in port, he said.

By Sunday afternoon, Turks and Caicos Premier Rufus Ewing advised residents to remain indoors as much as possible since the island chain south of the Bahamas was still experiencing heavy rains and "extensive flooding in low-lying areas," especially on Middle Caicos and North Caicos islands.

THE ASSOCIATED PRESS

# The ups and downs of the biz in August

HOW TO ROLL
Alison Griffiths
metronews.ca

Who is swinging and who is sagging in the business world? Here's the roundup for August.

**Thumbs up:** BlackBerry gets the nod. If CEO John Chen has his way, weary BlackBerry shareholders will no longer care about whether this new gadget or that will take market share from Apple, Google or Samsung.

Chen is shooing the company away from a reliance on the Next Big Thing. While other tech device producers race to turn us into cyborgs, Chen is mining the power of the patents the company holds.

The stock jumped 1.5 per cent last week to $10.77. British Prime Minister David Cameron helped out when he said he could run the country via BlackBerry before heading off for his second holiday this summer.

**Thumbs up:** This one goes to the Nasdaq. Well, kinda, sorta. As of last week the U.S.-based tech-heavy exchange is back to where it was before the dot-com crash. On Monday, Aug. 18, the Composite Index climbed above 4,500 points for the first time since March 31, 2000. It's only been 14 years of waiting, folks. What are you crying about?

**Thumbs down:** The winner is Statistics Canada for its blunder on the July jobs figure — first reporting a measly 200 new jobs, then sheepishly updating it to 42,000. Phew, that's better. As Philip Cross, former chief economic analyst at StatsCan, noted in a commentary: "It is one thing to make an error in the estimate of livestock," quite another to botch any of the holy trinity — GDP, the consumer price index and the jobs report.

Eliminating the long-form census and slashing $29 million from StatsCan's budget didn't have a thing to do with the mistake. No, of course it didn't. The federal government says so, and who am I to disagree?

**Thumbs down:** Oh, Target! How we loved to love you when we shopped south of 49 and how much we loathe you in our own backyard. If the sparsely filled aisles of my local Target are anything to go by, the company still hasn't figured out its supply chain problems. New CEO Brian Cornell (formerly of PepsiCo) will no doubt have the Canadian operations under a microscope.

**Not there yet**

**Four tech stocks still below March 2000 highs:**

- Sirius XM: -94%
- Vodafone: -75%
- Cisco Systems: -64%
- Yahoo: -58%

## Chained to the cause

**More than 7,500 people formed an eight-kilometre human chain Saturday across the German-Polish border to protest the expansion of open-cast mining for brown coal in the region. The protest reached between Kerkwitz, Germany and Grabice, Poland — two villages that activists fear will be evacuated to make way for further brown coal (also known as lignite) mines.** PATRICK PLEUL/DPA/THE ASSOCIATED PRESS

**Las Vegas**

## Renaissance in store for the Strip's north end

The Las Vegas Strip has a new casino in business on the foundations of the old Sahara, which once hosted the likes of Frank Sinatra, but was eventually closed. A $415-million pleasure palace called the SLS Las Vegas opened Saturday as the Strip's tired north end continues to enjoy a renaissance. The area, long associated with empty lots and frozen construction cranes, is expanding once again.

A Malaysian conglomerate has announced plans to fold the half-finished Echelon casino into an Asian-themed Resorts World Las Vegas; Crown Resorts has purchased land where the New Frontier casino once stood; and a concert venue set to house the massive Rock in Rio USA music festival next spring is in the works. THE ASSOCIATED PRESS

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# THOMSON GETTING BACK ON THAT HORSE

URBAN COMPASS

**Matt Elliott**
toronto@metronews.ca

When I put out the call to readers last week to send in questions in advance of my interview with Toronto mayoral candidate Sarah Thomson, the most common submission was a simple one: why?

As in, why run for mayor again? After a hang-tough run in 2010, called off before election day, why would Thomson go for it again against opponents like Rob Ford, Olivia Chow and John Tory?

People also wanted to know what the deal is with the horses.

Let's start there. Thomson has involved horses in two campaign events so far, more than any other candidate. She showed up at city hall on a horse-and-carriage and rode into a FordFest event on horseback.

When Thomson and I met for coffee, she explained the equestrian antics have a greater purpose.

"The horse was a way to basically get people's attention on the fact that we need to invest in transit," she told me. Her point is that the city's transit issues are so dire that it might be faster to travel by horse.

Horses aside, it's that focus on transit that best answers the question as to why she's running again. We spent most of our 45-minute conversation going over her big vision transit platform, which includes about $25-billion in new rail, backed by highway tolls and a congestion charge levied only on those who come from outside Toronto's borders.

That's why she's in it. "My worry is if it ends up being Ford, Tory or Chow, we're never going to get the funding we need," she said.

But are horses and YouTube music videos (Thomson has done three) really the best way to argue for transit funding?

It's an important consideration, because when Thomson gets down from her horse she actually brings a unique perspective to things.

When we talk about her congestion charge, for instance, she launches into a utopian vision for Toronto. "Let's dream really big," she said. "My vision for this city would be very few cars on the roads anymore. Let's keep (the cars) out at the malls, like Yorkdale Mall — they'll come in on transit. We take back our city. There's patios and cafés along Yonge Street. That would be fantastic. Bike lanes everywhere."

It's an appealing image, and at the end of our chat I'm almost convinced that, if Thomson could minimize the stunts and focus on that message, she could build some momentum.

But that thought doesn't last.

After our interview, there was a new release from her campaign in my inbox. Thomson had taken a drug test and released the results. She wants other mayoral candidates to do the same. It was yet another campaign stunt.

Thomson, it seems, just can't stay away from the horses.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

## We're all part of the same Multiverse

Matt Mazur, who moonlights as a live visual artist under the moniker VJ Elfmaster, has been touring his Multiverse project around the music and festival circuit in British Columbia. DARRYL DYCK/THE CANADIAN PRESS

### VJ Elfmaster hopes to take message of galactic unity way beyond Earth's EDM scene

A Vancouver man with a laptop, a cache of space telescope images and a passion for space is mapping our corner of the universe, in a quest to do for the galaxy what images of the Earth did for global consciousness in 1969.

Matt Mazur has built a universe simulator that projects a 3D rendering of the Earth's galactic neighbourhood on to two massive white screens, giving any user the power to scroll far beyond our own solar system with a hand-controlled motion sensor device.

**Time to get spacey**

**"It's time for us to grow up, and grow up past our adolescent years on the Earth."**

Artist Matt Mazur

"Galactic consciousness still might take a while before it actually kicks in, but it's a process," said Mazur.

Mazur has digitally stitched together and enhanced 64 galaxies and is cataloguing 50 more, as he charts the brightest galaxies in the region.

He hopes to eventually render 250 galaxies, amounting to 1/38-millionth of the observable universe.

The project is dubbed Multiverse. Mazur provides the vicarious exploration of the universe with the hope that a critical mass of such projects will spur society to adopt space as a plausible future home amid a galactic community.

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## Worth mentioning. Californians swap out thirsty grass lawns for gardens to cope with drought

As California faces a historic drought, residents in Long Beach are tearing out thirsty lawns to cut down on water use.

Water agencies across the state have been encouraging the change by offering thousands of dollars in rebates to help homeowners make the switch to a drought-friendly landscape with better odds of surviving dry spells common to the local climate.

Water officials hope the shift is more than a fad and marks the beginning of a transformation in the way residents view neighbourhood landscapes.

Rick Blankenship holds a photo of his previous grass lawn at his home in Long Beach, Calif. NICK UT/THE ASSOCIATED PRESS

To date, most lawns in Southern California don't bear greenery other than grass, but water agency officials say the interest in turf removal programs — fuelled in part by an increase in rebate rates — is encouraging.

THE ASSOCIATED PRESS

metro

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**Spielberg series**

## Minority Report headed to TV

Steven Spielberg is working on a TV series based on his 2020 sci-fi action move, Minority Report. According to Warp, he has hired Godzilla screenwriter Max Borenstein to write the futuristic series, in which crimes can be predicted and prevented before they happen. Spielberg is reportedly seeking a major Hollywood actor to star in the show. AFP

# Brosnan leaves 007 behind for a much grittier spy role

**The November Man.**
As a rogue ex-CIA man, new character is more dangerous and driven — and requires no CGI special effects

JAMES ROCCHI
scene@metronews.ca

Pierce Brosnan's film, The November Man, is a pure action movie, with real explosions and effects. CONTRIBUTED

Speaking about his new action thriller The November Man, Pierce Brosnan is eager to talk about the challenges of playing a different kind of spy.

He's not only the star, he's also executive producer of the film, and he was determined to make sure his work as rogue ex-CIA man Peter Deveraux was grittier, grimier and very different from his past outings in the cloak-and-dagger field.

**You've been doing comedies lately, including Love Punch and A Long Way Down, so what brought you back to action?**
It just seemed like fertile ground — if not now, when?

I had my days as James Bond, and they were glorious and wonderful and productive. We brought (Bond) back after six dormant years ... so it was invigorating to be a part of it.

Then, when the curtain fell — surprisingly and unexpectedly, while I was looking the other way — it was just over. And I had a certain void, a vacuum.

So when we set sail in developing The November Man, it just seemed to hit now with the geopolitical happenings going on.

**We talk about your earlier work in the espionage genre, but I don't recall Mr. Bond, like Deveraux does in this film, mortally wounding an innocent girl so he can delay his enemies and better make his getaway. Was that scene important, to establish Deveraux as that dangerous, that driven?**
It's a shocking act, on paper and on screen; it's one that, really, you roll the dice on and hope you don't disconnect with your audience.

By that stage, you already know anything can happen — and it does in the most graphic way.

I love that scene; I think it defines the character, that keeps the audience off-centre.

**In an age of computer-generated marvels, is it nice to take part in an action film about real car chases, real explosions, real effects?**
Well, it worked for us ... It worked for this film. We had so much money, we had so many days — so we knew we weren't going to have this monolithic graphic overture of CGI or anything like that; it's a handmade, hand-wrought film, and everything's in camera.

And that was the pleasure of it — to be in the streets, to shoot from the hip, to make a movie that was tangible and real and to be blowing stuff up in the streets. It was magnificent (laughs). It was great fun.

**AUGMENTED REALITY**

→ Scan this photo with your Metro News app to see the trailer for November Man
→ See the full instructions on Metro's Voices page.

Season 2

## Production of True Detective to start in September

True Detective's first season may have aired in January of this year, but the second season is not due until July 2015 and production will start next month, according to HBO programming director Michael Lombardo.

Lombardo confirmed the new episodes will be set in California and follow three cops, one of whom is female. Details on the cast of True Detective should be revealed in the very near future, Lombardo said.

The wait has been long for the announcement of Matthew McConaughey and Woody Harrelson's successors, and certain rumours have emerged. In early August, Vince Vaughn was cited as a key contender for a lead role. Other recent rumours suggest that Colin Farrell, Taylor Kitsch and Elisabeth Moss could play the three police officers assigned to the case. AFP

# Fantastic Beasts. Potter director in talks for film

David Yates, the director of the last four movies in the Harry Potter franchise, is in talks to helm the first movie in a trilogy based on J.K. Rowling's Fantastic Beasts and Where to Find Them, Variety reveals.

First published in 2001, the book is neither a prequel nor a sequel to the Harry Potter series but rather a companion piece, taking the form of a textbook written for Hogwarts students by former headmaster Newt Scamander.

Warner Bros has decided to turn the 128-page bestiary into three films, which will be set in New York some 70 years before Harry Potter fulfilled his destiny in the face of the terrible Voldemort. The first movie is scheduled for release on Nov. 18, 2016.

Yates is currently on the set of Tarzan, which he is directing and producing. AFP

David Yates DON EMMERT/AFP

Laverne Cox says her success as a transgender actor on Orange is the New Black gives her hope that anything is possible. THE ASSOCIATED PRESS

# An inspiration. Black trans woman from Alabama 'what USA is about'

Laverne Cox realizes she is having a winning moment as a transgender actor in entertainment — including an Emmy nomination — and she hopes her story will continue to inspire others.

"It gives me hope that anything is possible. I'm a black trans woman from Alabama raised by a single mother from a working class background. And I think, in a lot of ways, my story is what this country is about and should be about," Cox said.

"There's a lot of strife going on in the world right now, particularly (for) the folks in Ferguson, Missouri — sending love to them — that I think we need a sense of hope and possibility. We need a lot of love and I hope my story inspires people."

Cox is one of the stars of Netflix's Orange Is the New Black, which recently debuted its second season. The breakthrough show received 12 Emmy nominations, including outstanding comedy series.

The series won three honours at the recent creative arts Emmy ceremony, including best guest actress in a comedy series for Uzo Aduba, who beat Cox.

Cox is currently filming the prison show's third season, and revealed that the plot about women behind bars thickens. "I can't tell you who I had scenes with ... (but) the scene we shot today was juicy. I was like, 'Oh my God.' Stuff goes down," she said.

"I'm so excited about this show and, like, these women are killing it. I finished my scene and I waited and watched the monitor like, 'Oh! Oh! Werk!'"

Cox said she will also have a role on the upcoming Bravo series Girlfriend's Guide to Divorce, which premieres Dec. 2.

The former reality star said she's been getting more calls since the success of Orange. "There's some things on the horizon," she said. "There have been some wonderful offers."

THE ASSOCIATED PRESS

**Season three**

**"The scene we shot today was juicy. I was like, 'Oh my God.' Stuff goes down."**

**Laverne Cox, Orange is the New Black**
On filming the show's third season

**Emmy Awards**

- Orange is the New Black has received 12 Emmy nominations. Watch the Emmy Awards tonight, Monday, Aug. 25 at 8 p.m. EDT on NBC.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**Pop goes the week**

## *Gwyneth gets gleeful while her ex dates a real sweetie*

STARGAZING
Malene Arpe
scene@metronews.ca

**Chris Martin is reportedly dating Jennifer Lawrence while his ex, Gwyneth Paltrow, is seeing Glee co-creator Brad Falchuk.** Chris was apparently drawn to Jennifer because she's so laid-back and relaxed, and Gwyneth likes Brad because he's someone to date while Chris is dating America's bleeping sweetheart.

**Andrew Keegan of 10 Things I Hate About You has started his own religion called Full Circle.** Coincidentally, one of the things people really and totally hate about you is when you start cults that sound like failed sitcoms.

**Walking Dead creator Robert Kirkman says there's a very good chance everyone's favourite crossbow wielder, Daryl Dixon, could be gay.** Great. That's at least two weeks spent readjusting all my fan fiction. As if I didn't have enough to do with Simon Cowell predicting One Direction will break up soon.

**This week in Back Together:** 1) Selena Gomez and Justin Bieber are seen at a bible study group. 2) Jennifer Lopez and Casper Smart are seen driving around in her car. 3) Drake and Rihanna are seen exiting a club together. 4) TLC is seen planning yet more specials with Kate Gosselin.

Nick Cannon ALL PHOTOS GETTY IMAGES

## 'Trouble in paradise' between Mariah and Nick (but his lips are now sealed)

Nick Cannon confirmed last week that there's trouble in his marriage to Mariah Carey and that the two are living apart. But that might be the last we hear from him.

"There is trouble in paradise, we have been living in separate houses for a few months. My main focus is my kids," he told The Insider.

Carey's rep said, "Mariah is focusing on her children and her upcoming tour."

And on keeping Cannon's mouth shut, apparently.

According to TMZ, their lawyers worked out a confidentiality agreement about their divorce proceedings, barring Cannon from discussing it further and giving Carey exclusive rights to announce any details.

I guess we know whose lawyer wears the pants.

## Shots fired at Chris Brown during VMA pre-party hit rap mogul and others

Rap mogul Suge Knight was hospitalized after violence erupted at a VMAs pre-party early Sunday, with shots fired at R&B star Chris Brown but hitting Knight and two others — one of whom is in critical condition, according to TMZ.

Multiple shots were fired at about 1:30 a.m. at the Hollywood nightclub 1OAK, with several sources claiming Brown was the target. The VIP bash included Justin Bieber and Tyson Beckford.

Knight was rushed to nearby Cedars-Sinai, and is expected to recover.

Brown tweeted his feelings after the incident: "It's disappointing that we as a society can't have fun or enjoy ourselves without any altercations sometimes. Miss me with the bulls—!"

Suge Knight

## No sense wasting good ice

Leave it to Sir Patrick Stewart to inject some class into the ALS Ice Bucket Challenge.

The X-Men star posted a video of himself writing out a cheque to the ALS association.

He's then seen pulling a silver ice bucket into the frame.

He grabs a glass and a pair of tongs, carefully places two cubes from the bucket into the glass, fills it with some very nice Scotch, toasts the camera and takes a very satisfying sip.

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LIFE 3

# Is puppy care an insure thing?

**Pet insurance.** Read the fine print and consider your options

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

I started the new year with an important purchase. I always said when I left television I'd get a puppy. Tabitha is a spicy Heinz 57. A wee thing — when I got her she weighed about 1.5 lb. — she'll be about 10 lb. when she's all done growing.

Puppies don't come cheap. Between the vaccinations, the spaying, the bed, cage, food, and puppy pads, Tabi's first few months have run to more than $1,000. Not a small commitment. And those early vet bills make you really think about how much more your furry child might cost over a lifetime.

Canadians spend about $4 billion on their pets every year. Yes, $4 billion! While some of that money goes to needs like food, some is just plain indulgence. (Do you think your dog really knows what you paid for that cute little jacket?) One area where costs have been growing consistently is medical care. Pet insurance would seem like a no-brainer, right?

So I looked into it. (Hey, if I can offset my costs with insurance, I'll do it. I'm no dummy.) The problem with pet insurance is in the petite-print. On top of deductibles and co-pays, unreimbursed costs, and exclusions — all of which you pay out-of-pocket — you also pay premiums. Seemingly small $11 to $50 per-month premiums can add up to $2,000 to $6,000 or more over a pet's lifetime.

When I typed Tabitha's specifics into the CAA pet insurance plan, I got quotes of $0.45, $1.33 and $1.60 per day for their Compact, Intermediate and Luxury plans. I hate daily quotes, so I immediately converted them to annual costs: $164.25, $485.45 and $584 per year respectively. Compact only covers accidents (not illness) and to a max of $2,000. Intermediate covers everything to a maximum of $2,500 a year. Luxury's limit is $4,500 a year.

This is a pretty typical plan. Basic pet plans cover the costs of accidents (like being hit by a car) and some cover common illnesses like eye and ear infections. Top-of-the-line coverage may cover routine preventive care (such as vaccinations and neuters/spays) and even alternative therapies like acupuncture and hydrotherapy. Some even cover the costs of cremation or burial of a pet, and include extra coverage upon accidental death. Know what you're buying and figure out if it's worth the cost over the long haul, or if you would be better off just sticking the premiums in the bank as a pet emergency fund.

So far most Canadian pet owners choose to self-insure by setting up a pet savings account and accumulating money each month. It's been estimated that only about two per cent of Canadians have pet insurance. With fingers crossed, they hope that they'll have enough saved up if and when the time comes to deal with a medical issue. I'm one of them. Rather than laying out $500 to $600 a year in premiums only to find a rejected claim or a uncovered expense has me dipping into my wallet, I'll happily budget for Tabitha's medical costs over time.

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**7 things to ask as you look at pet insurance options**

1. **Enrolment period.** Some plans cover critters from eight weeks old to death; others cut off coverage at eight years or so, just when you're most likely to need coverage.
2. **Wait period.** There are often wait periods of up to 21 days from the time you fill out the application until the plan goes into effect. Some plans also require a vet checkup before the plan is activated.
3. **Benefit limit.** What's the maximum the plan will pay out each year or over the life of the plan?
4. **Deductible.** How much must you pay from your own pocket for each claim? Some plans let you choose a deductible while other plans increase the deductible as your pet ages.
5. **Coverage for pre-existing conditions.** Some plans will cover if the condition has been completely cured; other plans consider genetic conditions to be pre-existing. For example, Doberman Pinschers tend to suffer from Wobbler Disease and cardiomyopathy, so those might not be covered for your Dobi. Hip dysplasia is often excluded. And there are breeds — like Chinese Shar-Peis — that aren't covered at all by some plans.
6. **Coverage for preventative care.** Does your plan take care of your vet visits? Does your plans require at least an annual vet visit to keep the plan in effect?
7. **Monthly cost.** Costs vary tremendously depending on the type of plan you sign up for, with monthly premiums running anywhere from $10 to $100.

Only about two per cent of Canadians have pet insurance. ISTOCK

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# Using well-planned pluck can help you bring in the big bucks

**Negotiate your way to better pay.** Do your homework before you ask for that raise

DAN SCHAWBEL
Metro in New York

There's a point in every career where an employee is going to have to negotiate either a job offer or a raise for the first time. Because most people aren't born negotiators, many workers end up making only a fraction of what they are worth.

While some people are afraid to negotiate their salary, it is actually a sign of professionalism — because it shows that you're serious, intelligent and value your expertise. Here are my top negotiation tips:

### Do your due diligence

Sites like Salary.com and PayScale.com are great ways to find out the salary range of a particular position. Also remember to speak with your industry mentors to discover what amount you should expect and how much you might be able to increase it by. It's important to collect all of this information before entering the negotiation process. That way you're equipped to respond to any pushback.

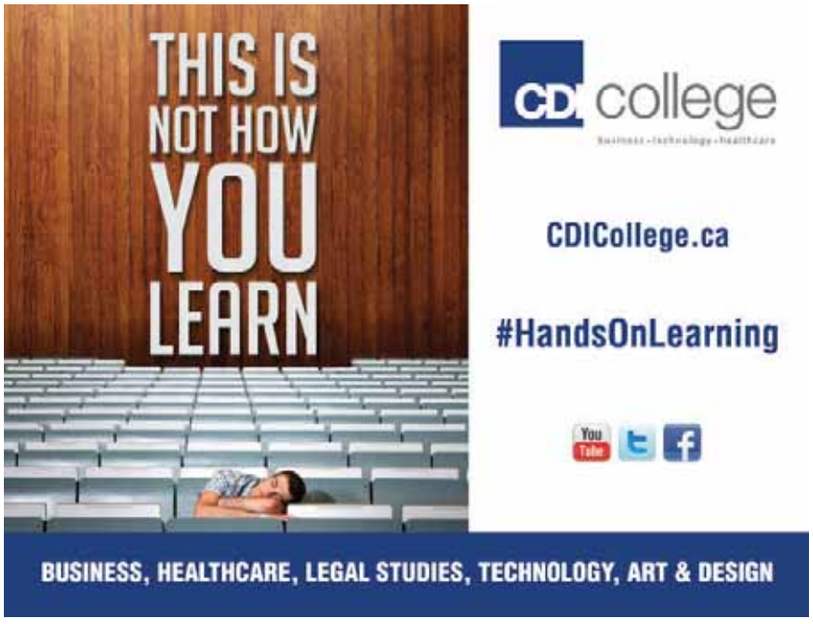
### Use data to justify the increase

If you want to earn more, you have to be able to prove the value of your contributions. If you're in sales, keep good records of all the deals you've closed and the amount of total revenue your work has generated. In marketing? Now is the perfect time to talk about the number of leads you've generated through your various campaigns and then how many of those leads were closed by the sales team. The key thing is to show your boss that it makes more sense for the company to pay you more than lose you to their competition in the future.

### Always try to have multiple offers

Whether you're a job seeker or employee, you should aim to have several job offers so that you can use them as leverage. The more offers you have, the more negotiating power you have and the more insight you have into how much you are valued in the marketplace. If you get an offer, that doesn't mean you should stop interviewing. And if you're an employee, you should still be interviewing from time to time to ensure that you're earning what you are worth. Don't become complacent — a new opportunity could be waiting just around the corner.

Here's a tip: Your boss is not going to put more money in your pocket automatically. You've got to ask for it. ISTOCK



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Lessons from the desert

# *Crossing the finish line together*

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.**

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

As I prepare to run Antarctica 2014, I spend time cycling to mix things up and learn how cycling teams work together to get to the finish line. In a recent three-day race, Toronto's Michael Barry, a decorated cycling pro, led seven passionate amateurs against other teams.

If everyone gives their all, the whole team has a winning chance. ISTOCK

On a big climb up Col de Soulor in the Pyrenees, a famous ascent on the Tour de France, we were required to finish as a team. Our strategy was to have the lead rider constantly adjust their speed to push the weakest rider to climb quickest without breaking.

As the weak one, I was asked not to speak to conserve energy, instead constantly tell the team how expended I was on a scale of one to 10. The pro said: "Eight is your target. At eight you can't talk, but you can say 'eight.' Closer to the top we will ask you to give us your 10." Anything under seven meant a pace increase, and nine or more meant a decrease. Coincidentally, while running the Sahara Race as a team, we had employed the same tactic.

We've all had to work in teams where we must collaborate with individuals who are not of equal strength. As it's out of our control, all team members can hope for is that everyone gives their best, regardless of skill. Then, teams can be high-performing without becoming dysfunctional. On the climbs, honestly numbering the effort depersonalized the experience of feeling weaker while helping my teammates know I pushed to my limit. Although I felt completely depleted as we climbed to the finish line, I didn't have to devalue myself by sharing the obvious: I was tired, and under-experienced. Instead, it was just plain clinical: A challenge for the team to adjust to knowing that over the course of three days, everyone would ultimately get pushed to their limits to benefit the team.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

# Take great panes. Another reason you should work to get into the corner office

What difference does a window make? A lot, it turns out.

Office dwellers who primarily work in spaces that have lots of natural light and windows sleep better, exercise more and have a better quality of life than those who work in environments that don't have access to direct sunlight. That's according to a new study out of Northwestern University, which found that employees who worked in offices with windows slept an average of 46 minutes more than those who were windowless.

"There is increasing evidence that exposure to light, during the day, particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism," said senior researcher Dr. Phyllis Zee, a neurologist and sleep specialist, in a statement.

The researchers say there's a simple solution to the problem and suggest architects and building managers ensure that all workstations are placed at least 20 to 25 feet from the peripheral walls containing the windows. "Daylight from side windows almost vanishes after 20 to 25 feet from the windows," said study co-author Mohamed Boubekri.

LAKSHMI GANDHI/METRO IN NEW YORK

What an enlightening experience: Office workers who sit near windows enjoy a better quality of life. ISTOCK

Mood awakening

**"Exposure to light ... particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism."**

Neurologist Dr. Phyllis Zee

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# Good things come to those who wait

## Pulled Pork with Apple Cider Barbecue Sauce. Braising the meat takes a while, but it is so worth it

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

With a little time and a little patience, this restaurant favourite can be made at home.

Pulled pork is a drool-worthy and inexpensive meal that uses a Boston butt or pork shoulder. It's a tougher cut of meat, but braising it breaks the tendons down so the meat melts in your mouth, and literally can be "pulled" apart — thus its name! It does take a few hours to braise until it's tender, but you can do this a couple of days in advance and use the meat for main entrées or sandwiches. It's well worth the time. Mixing the meat with a homemade barbecue sauce is the key.

This recipe serves six. ROSE REISMAN

### Directions

**1.** Preheat the oven to 300 F.

**2.** Rub the roast with Cajun seasoning. In a large skillet or grill pan, sear the pork on all sides just until browned.

**3.** Basting sauce: Combine the cider vinegar and brown sugar and pour 1 cup in the bottom of a large roasting pan. Add the pork and roast, covered tightly, until 190 F temperature is reached (approximately 3 to 4 hours). Baste with the mixture of cider vinegar and brown sugar every hour.

**4.** Barbecue sauce: Combine ketchup, sugars, salt and pepper, onion powder, mustard, lemon juice, Worcestershire, cider vinegar, corn syrup and molasses until smooth.

**5.** Caramelized onions: In a large skillet, add the oil and sauté the sliced onions with brown sugar on low heat for 15 minutes or until tender.

**6.** When the pork is cooked, toss the basting sauce and pull pork apart with two forks, removing all visible fat and the skin. Add just enough of the barbecue sauce to wet all the meat. Save remaining sauce for serving alongside. Serve with the caramelized onions or veggie toppings of your choice either on sandwich loaves or on its own. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

### Ingredients

- 3 lb pork shoulder
- 1 tbsp Cajun or Southwestern seasoning

**Basting Sauce**

- 2 cups cider vinegar
- 1/2 cup brown sugar

**Barbecue sauce**

- 1 cup ketchup or chili sauce
- 2 tbsp packed light brown sugar
- 2 tbsp granulated sugar
- Pinch of salt and pepper
- 3/4 tsp onion powder
- 3/4 tsp dry mustard
- 1 tbsp fresh lemon juice
- 1 tbsp Worcestershire sauce
- 1/4 cup cider vinegar
- 1 tbsp light corn syrup
- 1 tbsp molasses

**Caramelized Onions**

- 2 tsp vegetable oil
- 1 large sweet onion sliced thinly
- 2 tsp brown sugar

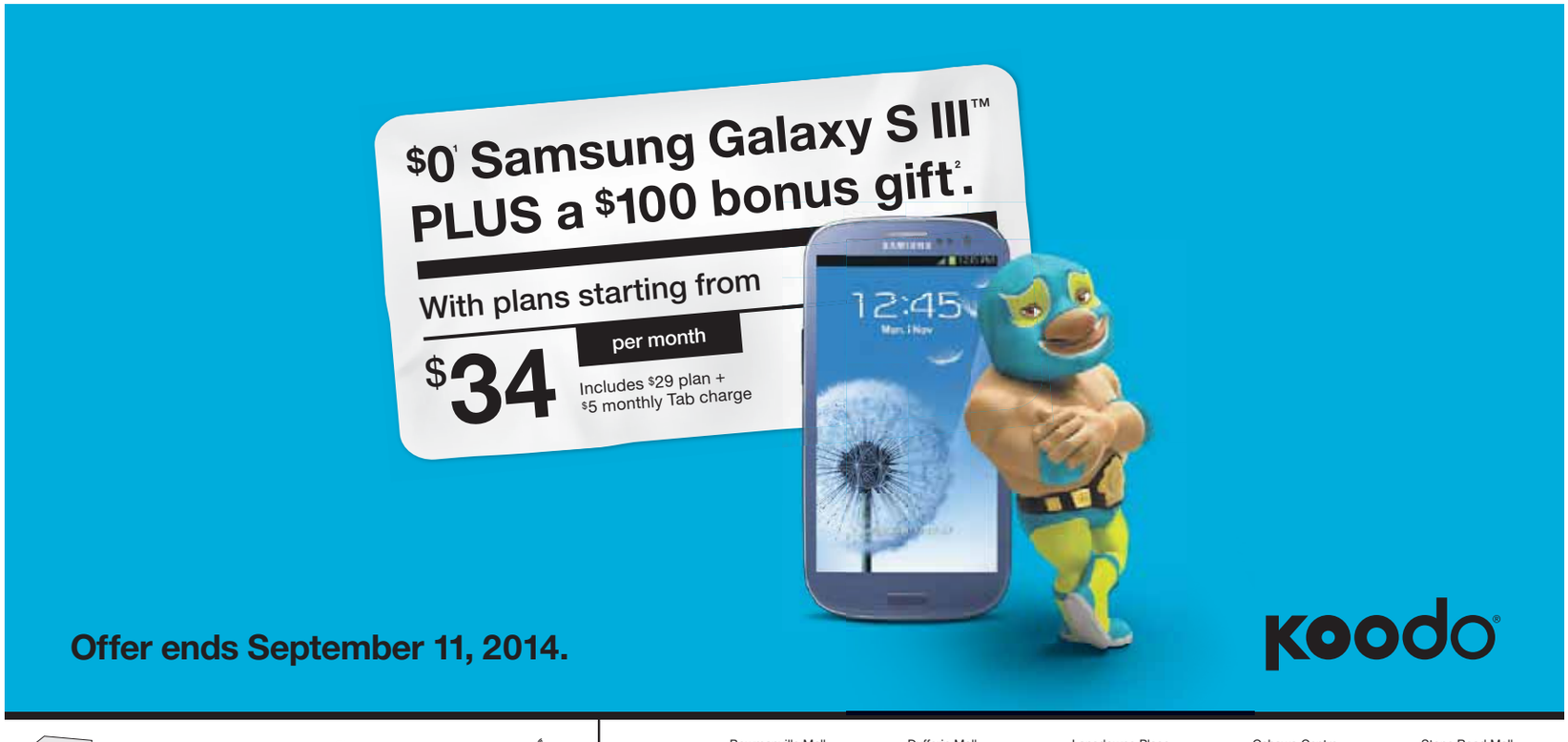
**To Assemble**

- 6 sandwich loaves
- Lettuce and tomatoes

### Nutritional information

Per serving (excluding bread)

- **Calories.** 452
- **Carbohydrates.** 39 g
- **Fibre.** 0.5 g
- **Protein.** 52 g
- **Total fat.** 7 g
- **Saturated fat.** 3 g
- **Cholesterol.** 136 mg
- **Sodium.** 529 mg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PGA

## Mahan's win at The Barclays ends lengthy drought

Hunter Mahan pulled away with three straight birdies to win The Barclays on Sunday, ending an 0-for-46 drought on the PGA Tour.

The victory could not have come at a better time.

Mahan now is assured of making the Tour Championship every year since the first FedEx Cup in 2007, the only player in all playoff events. He's also made an impression on Tom Watson as a captain's pick for the Ryder Cup team.

Mahan closed with a 6-under 65. He made a 10-foot birdie on the 15th hole for the lead, hit his approach to three feet on the 16th and sealed the win with a 20-foot birdie on the 17th.

THE ASSOCIATED PRESS

LPGA

## Ryu wraps CP Women's Open with a 23-under

So-yeon Ryu held off a back-nine charge from fellow South Korean Na-yeon Choi to win the $2.25-million US Canadian Pacific Women's Open.

Ryu finished with a 23-under par 265, breaking the tournament record of 18 under but not threatening Annika Sorenstam's LPGA Tour record of 27 under.

So-yeon Ryu
THE CANADIAN PRESS

"One I think I'm disappointed (about) is I couldn't reach Annika's low record," Ryu said. THE CANADIAN PRESS

Baseball

## South Korea wins its third LLWS title

Jae Yeong Hwang drove in two runs and Hae Chan Choi weathered a late Chicago rally to lead South Korea to an 8-4 win in Sunday's Little League World Series championship game.

The championship is South Korea's third.

THE ASSOCIATED PRESS

# Bautista ejected, Jays dejected

Home plate umpire Bill Welke ejects the Blue Jays' Jose Bautista for arguing a called third strike in a game against the Tampa Bay Rays on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

**MLB.** Slugger tossed from the game before Rays claim series win

On Sunday

| Rays | Blue Jays |
|---|---|
| 2 | 1 |

John Gibbons knows his team can't afford to lose its best player in the middle of a wild-card chase.

So when Jose Bautista was ejected from Sunday's 2-1 extra-innings loss to the Tampa Bay Rays for arguing a strike-out with home plate umpire Bill Welke, Gibbons didn't mince words when asked about the situation.

"Bottom line, we need him in the game. Say your piece, and get the hell out of there," the Blue Jays manager said. "We're trying to get in the playoffs, we need you on the field.

"He (Bautista) is a marked man in this game. Bill Welke, I thought he had a pretty good zone today. He was steady, I thought he was looking to call strikes. But we need you in the game."

Bautista's absence brought Nolan Reimold into the contest at right field.

The move proved costly as Reimold misplayed a ball hit by Logan Forsythe in the top of the 10th inning, allowing Ben Zobrist to move from first to third base. Zobrist scored the winning run when the next batter, Evan Longoria, hit a single to left field off reliever Sergio Santos, freshly recalled from triple-A Buffalo on Saturday.

After the game, Reimold took full responsibility for the error.

"I saw (Zobrist) take off … I was thinking about throwing him out before I caught the ball and it was completely my fault," he said. "That play's got to be made."

Longoria drove in both runs for the Rays (64-66), who played to 10 innings for the second time in as many days at Rogers Centre after losing 5-4 on Saturday afternoon.

Dioner Navarro had two hits and scored a run for Toronto (66-64) while Juan Francisco picked up an RBI on a sacrifice fly.

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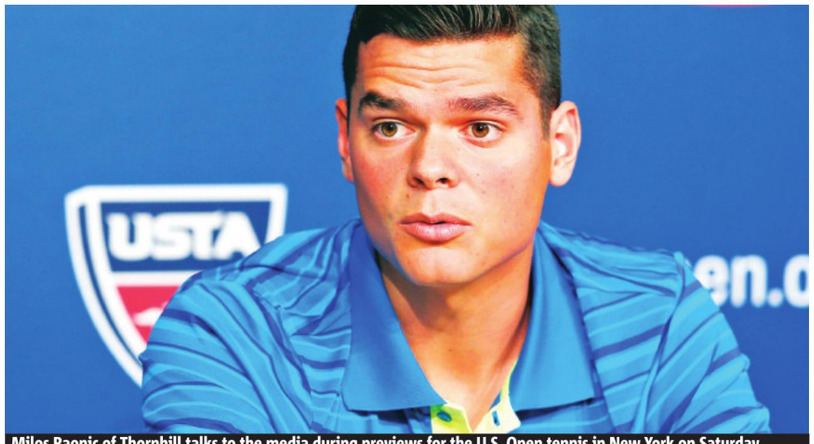

Milos Raonic of Thornhill talks to the media during previews for the U.S. Open tennis in New York on Saturday. Perhaps this year will be the tipping point for the rise of a new generation. But recent history suggests that if somebody other than the Big 4 wins, a veteran may be more likely. JULIAN FINNEY/GETTY IMAGES

# Big 4's grip may loosen at US Open

**Tennis.** But it may be veterans who take advantage

Two 23-year-olds, Thornhill's Milos Raonic and Grigor Dimitrov, broke through to their first major semifinals at Wimbledon.

Perhaps this year's U.S. Open will be the tipping point for the rise of a new generation. But recent history suggests that if somebody other than the Big 4 wins, a veteran may be more likely.

"We didn't have many young players who were able to challenge for top spots and win Grand Slam titles," Wimbledon champ Novak Djokovic said. "So this is something that is happening now, but it's still a long way to the Grand Slam title. It's not something that can happen overnight."

**Quoted**

**"It's definitely been a tough time for everybody else trying to break through."**
Milos Raonic

It was then-28-year-old Stan Wawrinka who snapped the streak of 16 straight Grand Slam titles by Djokovic, Roger Federer, Rafael Nadal and Andy Murray when he won the Australian Open in January. The only other men in the U.S. Open field who have reached a major final in the last five years are 32-year-old David Ferrer and 28-year-old Tomas Berdych.

The U.S. Open starts Monday with Djokovic, Murray, Wawrinka, Maria Sharapova and Venus Williams among the big names on the court. The player with the most impressive performance leading to this tournament was 29-year-old Jo-Wilfried Tsonga. Tsonga, the runner-up at the 2008 Australian Open, beat Djokovic, Murray, Dimitrov and Federer to win the title at Toronto this month.

As the sport became more physical, Grand Slam titles became less likely not only for teenagers, but for players in their early 20s.

"Everybody realizes that you're reaching your peak physically maybe a little bit later and then they're staying there longer, because they have the technology and they're more systematic about their training," said Patrick McEnroe, the U.S. Tennis Association's general manager of player development.

THE ASSOCIATED PRESS

**Out for season**

## Rams QB Sam Bradford injures his ACL again

St. Louis Rams coach Jeff Fisher shared the bad news about Bradford's torn ligament Sunday morning. By the time Fisher began his day-after news conference, he'd had several hours to digest the impact of an injury that puts the team's once-rosy outlook in serious doubt, and to give a vote of confidence to journeyman backup Shaun Hill.

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**Cam Newton**

## Panthers QB will miss final preseason game

Quarterback Cam Newton will miss the Carolina Panthers' final preseason game after an MRI on Sunday revealed a hairline fracture in his ribs.

Panthers coach Ron Rivera said Newton will be evaluated at the end of the week, but expects the two-time Pro Bowl quarterback will be ready for Carolina's Sept. 7 regular season opener against Tampa Bay.

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**Matt Prater**

## Broncos kicker initially faced year-long ban, lawyer says

Matt Prater's lawyer said the NFL initially threatened a year-long suspension before agreeing to ban the Denver Broncos kicker four games for violating the league's substance abuse policy. Harvey Steinberg said Prater consumed a couple of beers while on vacation after the end of the team's off-season workout program camp.

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# Wiggins finds a home in Minnesota

**Back-bending deal.**
Love joins LeBron's Cavs, Wolves also land Anthony Bennett

Everyone knew the Minnesota Timberwolves needed to trade Kevin Love.

The face of the franchise played six seasons in Minnesota without a post-season appearance. He clashed with previous president David Kahn over his contract extension and spent last season putting up the best individual performance of his career while occasionally butting heads with teammates in a fractured locker-room.

A summer-long dance culminated on Saturday when the Wolves sent Love to Cleveland, Alexey Shved, Luc Mbah a Moute and Miami's first-round pick in 2015 to Philadelphia and received No. 1 overall pick Andrew Wiggins and Anthony Bennett from the Cavaliers and veteran forward Thaddeus Young from the 76ers.

Getting the last two No. 1 overall picks in the draft and an athletic, 26-year-old forward who averaged 17.9 points per game last season for a superstar who had one foot out the door required patience, discipline and plenty of luck along the way.

"We knew we had a hell of a player. We knew that he was in demand by other teams, and so we weren't going to make rash decisions because we were around the draft and we supposedly had to move him," general manager Milt Newton said.

The Cavaliers initially refused to include Wiggins — the player the Wolves coveted — in the offer. Once again, president Flip Saunders rebuffed early offers and the Wolves privately waited for LeBron James to exert his influence on the Cavaliers to push the deal through.

That's when Saunders and Newton engaged the Sixers to try to land Young, who had been on the trading block since last February.

THE ASSOCIATED PRESS

**AUGMENTED REALITY**

→ The Cavaliers now have a formidable Big 3 in LeBron James, Kyrie Irving and Kevin Love. Scan the image with the Metro News app to see the NBA's other top trios.

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→ See the full instructions on Metro's Voices page.

Kevin Love in a Minnesota Timberwolves uniform. Love moved to Cleveland in a deal that sent Andrew Wiggins to the Wolves. MIKE EHRMANN/GETTY IMAGES



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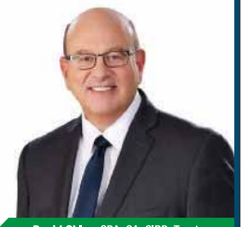

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→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
A new moon in the wellbeing area of your chart urges you to slow down. You won't miss out on any opportunities. In fact, by standing back you may see things others have overlooked.

### ♉ Taurus
**April 21 - May 21**
Everything seems to be going well for you now and for the next few days you will do best by just coasting along without worrying too much about where you are heading.

### ♊ Gemini
**May 22 - June 21**
Recent events have made you wonder if you should consider a change of direction. If you get some quiet time today use it to think through the choices.

### ♋ Cancer
**June 22 - July 23**
Love and luck combine to get the week off to a perfect start. The planets will bring only good things your way over the next 24 hours. Don't waste time wondering if you deserve it.

### ♌ Leo
**July 24 - Aug. 23**
Cosmic activity in the area of your chart that governs money will encourage you to make changes. These changes will affect loved ones too.

### ♍ Virgo
**Aug. 24 - Sept. 23**
A new moon in your sign, allied to a helpful link from energy planet Mars to your ruler Mercury, means you can have it all without making an effort.

### ♎ Libra
**Sept. 24 - Oct. 23**
The planets warn you might get a bit too laid-back over the next few days and risk losing sight of your long-term goals. So, even though you may wind down physically, stay alert mentally.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
The good things that are coming your way are real and you deserve them. Today's new moon means you will find it easy to connect to others.

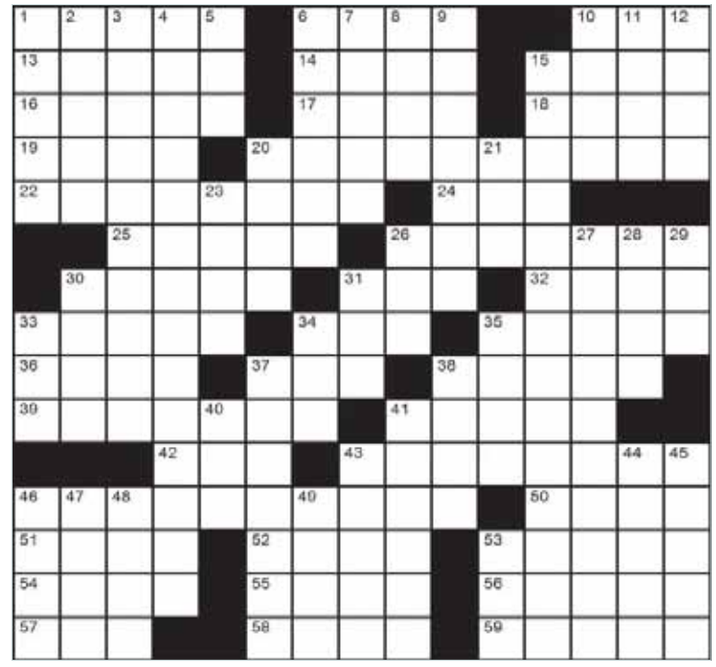
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Something you have been worrying about for months will finally resolve itself over the next few days and you will feel a huge sense of relief.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
There is a feeling something marvelous is about to occur and it's not wishful thinking. A new moon in your fellow Earth sign of Virgo will encourage you to be bold.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Not everyone possesses your high standards, so make allowances and try not to make a big issue of any minor mistakes that loved ones or work colleagues might make.

### ♓ Pisces
**Feb. 20 - March 20**
You are in good spirits but one person seems to have missed out on the party spirit and needs someone to soothe their fears. That someone is you.

## Crossword: Canada Across and Down by Kelly Ann Buchanan



**Across**
1. __ dab in the middle!
6. PMs, e.g.
10. Five Ws, just one
13. Like crushed potatoes
14. QED's 'E'
15. Behold
16. Performed
17. 1963: "Deep Purple": __ Tempo & April Stevens hit
18. And others, briefly: 2 wds.
19. Qatar Prix de _'__ de Triomphe (Paris horse race)
20. GLAAD concerns: acr. + wd.
22. Road trip reasons-to-stop
24. Patience __ _ virtue
25. Horse's holler
26. Winnipeg hockey game attendee: 2 wds.
30. Unmasks
31. Lettuce variety
32. Written symbol of yore
33. Music style
34. Wheel part
35. Country's Mr. Rogers
36. Taken back [abbr.]
37. British bar
38. Chores
39. Certain commuter's change: 2 wds.
41. On _ __ (Spontaneously)
42. BC Lions mascot, __ the Lion
43. Quebec, 1990... Oka Crisis = 78-day __
46. "Days Like That" Canadian quintet: 2 wds.
50. Jose __ (Celebrity hairstylist)
51. Prudish person
52. Charles Lamb's pen name
53. Cartoon style of Japan
54. Aussie footwear
55. Washington NHL players
56. "I haven't _ __." (Duh)
57. Montreal article?
58. Salmon sort
59. Canuck actor Mike Caesars Palace, Britney's is at Planet Hollywood: 2 wds.
20. Hauls
21. 'Special' suffix
23. Geese, in Gaspe
26. Morning run pace
27. Hit for Canadian soul trio Bass is Base (Trivia! Celebrity chef Roger Mooking was a member)
28. Ms. Landers'
29. Napoleonic Wars marshal
30. Actor Corbin
31. Niblets holder
33. Texter's "I shall return momentarily..."
34. Acting prompt
35. Actress Madeline
37. School assignment
38. Poetic contraction
40. "Says She Loves Me" music duo
41. "Relax soldier!": 2 wds.
43. Sharpshoot
44. Leg bone
45. Releases from captivity
46. Stompin' Tom Connors' "Bud the __"
47. Joni Mitchell's "__ for Going"
48. Rocker's tour dates
49. Cosmetics company
53. Tigger creator's monogram

**Down**
1. Little
2. 1952 Robert Mitchum/Jane Russell movie
3. Canadian Space Agency employees
4. Car race signal-makers, variantly: 2 wds.
5. Thomas __, The Spanish Tragedy dramatist
6. Distance
7. __ and drabs
8. Tirade
9. Kelly Osbourne's fashion line/tattoo...
10. Accompanying
11. Warmth
12. Hoo-hoo-ers
15. Shania's is at

## Friday's Crossword

## Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | | 2 | | | 9 | |
| 6 | | | | | 5 | | 1 | 8 |
| | | | 4 | | | | 7 | |
| | | 5 | 9 | | 6 | | 2 | 1 |
| | | | | | | | | |
| 1 | | 2 | 3 | | 4 | | 6 | |
| | | 8 | | | 1 | | | |
| 4 | | 1 | 2 | | | | | 9 |
| | | 7 | | 8 | | | | 5 |

## Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 5 | 9 | 1 | 6 | 8 | 7 | 4 | 3 |
| 8 | 1 | 7 | 4 | 9 | 3 | 2 | 6 | 5 |
| 6 | 4 | 3 | 5 | 2 | 7 | 1 | 8 | 9 |
| 9 | 6 | 8 | 7 | 3 | 4 | 5 | 1 | 2 |
| 4 | 7 | 5 | 8 | 1 | 2 | 3 | 9 | 6 |
| 3 | 2 | 1 | 9 | 5 | 6 | 4 | 7 | 8 |
| 5 | 8 | 2 | 6 | 4 | 1 | 9 | 3 | 7 |
| 1 | 3 | 6 | 2 | 7 | 9 | 8 | 5 | 4 |
| 7 | 9 | 4 | 3 | 8 | 5 | 6 | 2 | 1 |

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